Healthy Teeth for 0-5 Years Old

Home Care Goals for: __________________________

Cavity Risk:  □ HIGH  □ MEDIUM  □ LOW

□ Wean off the baby bottle by 12-14 months old. No bottle during sleep.

□ Use only water in a sippy cup

□ Drink more water [with fluoride]

□ No soda or sports drinks

□ Drink juice only with meals. No juice for children under age 1 year. Only 1/2 cup each day for children ages 1 year to 5 years.

□ Drink milk only with meals. No more than 2 cups/day for 2 years old and up.

□ Limit sweets and sticky foods. Eat more healthy snacks.

□ Parent, brush your child's teeth and gums 2 times/day especially at night.

□ Start using fluoride toothpaste when the first tooth comes in and don't rinse with water after brushing.

□ Under 3 years old: No more than ‘rice-size’ of toothpaste with fluoride.

□ 3-6 years old: No more than ‘pea-size’ of toothpaste with fluoride

Your Custom Goal

These are my custom goals to help keep my child's teeth healthy.

1. ____________________________________________

2. ____________________________________________

How confident I am that I can accomplish these goals:

1 2 3 4 5 6 7 8 9 10

Not confident  Very confident

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Healthy Teeth for Older Children and Teenagers

Home Care Goals for: ____________________________

Cavity Risk:  □ HIGH  □ MEDIUM  □ LOW

□ Limit soda, sports drinks and sweet tea  □ Limit juice to meal time, no more than 1 cup/day  □ Drink more water [with fluoride]  □ Chew sugarless gum

□ Limit sweets. Eat more healthy snacks.  □ Brush teeth and gums for 2 minutes, 2 times/day, especially at night. Help brush child’s teeth until 8-10 years old.  □ Use toothpaste with fluoride.  □ Use tartar control toothpaste.

□ Floss once daily  □ Never use tobacco products  □ Wear a mouth guard for sports  □ Avoid oral piercings  □ Your Custom Goal

These are my custom goals to keep my own teeth healthy or my goals to help keep my child’s teeth healthy:
1. ____________________________________________________________
2. ____________________________________________________________

How confident I am that I can accomplish these goals:

1  2  3  4  5  6  7  8  9  10
Not confident  Very confident

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When your child needs a hospital, everything matters.